

Grain Berry

Whole Grain Toasted Oat Cereal – Apple Cinnamon



12 oz. **UPC : 086341170534**

6 g total sugars in 30 g dry cereal meets sugar limits.

1st ingredient is whole grain and the cereal is fortified.

Serving Size 1 cup (30g)

Servings Per Container about 11

Amount Per Serving	Dry
Calories	110
Calories from Fat	15

	%
Total Fat 1g*	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Potassium 110mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 6g	

Ingredients: Whole Grain Oats, Brown Sugar, Wheat Starch, Sorghum Blend: (Hi-Tannin Bran, Whole Grain ONYX), Modified Corn Starch, Dehydrated Apple, Salt, Tricalcium Phosphate, Tripotassium Phosphate, Cinnamon, Sugar, Tocopherols (Vitamin E) Added To Maintain Freshness

Vitamins & Minerals: Calcium Carbonate, Iron & Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate, Ascorbic Acid), Vitamin E (Acetate), Vitamin B3 (Niacinamide), Vitamin A (Palmitate), Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Vitamin B2 (Riboflavin), Vitamin D, (Cholecalciferol), Vitamin B1 (Thiamine Hydrochloride) Vitamin B12 (Cyanocobalamin)

Fortified

Grain Berry

Whole Grain Toasted Oat Cereal – Honey Nut



12 oz. **UPC : 086341170510**

6 g total sugars in 30 g dry cereal meets sugar limits.

1st ingredient is whole grain and the cereal is fortified.

Serving Size 1 cup (30g)

Servings Per Container about 11

Amount Per Serving	Dry
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Calories	120
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Calories from Fat	10
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Total Fat 1g*	1%
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Saturated Fat 0g	0%
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Trans Fat 0g	
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Cholesterol 0mg	0%
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Sodium 115mg	5%
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Potassium 110mg	3%
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Total Carbohydrate 24g	8%
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Dietary Fiber 3g	12%
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Sugars 6g	
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Ingredients: Whole Grain Oats, Brown Sugar, Wheat Starch, Sorghum Blend: (Hi-Tannin Bran, Whole Grain ONYX), Modified Corn Starch, Honey, Salt, Tricalcium Phosphate, Tripotassium Phosphate, Molasses, Tocopherols (Vitamin E) Added To Maintain Freshness, Almonds, Canola Oil.

Vitamins & Minerals: Calcium Carbonate, Iron & Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate, Ascorbic Acid), Vitamin E (Acetate), Vitamin B3 (Niacinamide), Vitamin A (Palmitate), Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Vitamin B2 (Riboflavin), Vitamin D (Cholecalciferol), Vitamin B1 (Thiamine Hydrochloride), Vitamin B12 (Cyanocobalamin) **Fortified**

Grain Berry

Whole Grain Toasted Oat Cereal - Original



12 oz. UPC : 086341170503

1 g total sugar in 30 g dry cereal meets sugar limits.

1st ingredient is whole grain and the cereal is fortified.

Serving Size 1 cup (30g)

Servings Per Container about 11

Amount Per Serving	Dry
Calories	120
Calories from Fat	15
	%
Total Fat 1.5g*	3%
Saturated Fat 0.5g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 130mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	14%
Sugars 1g	

Ingredients: Whole Grain Oats, Wheat Starch, Sorghum Blend: (Hi-Tannin Bran, Whole Grain ONYX), Modified Corn Starch, Brown Sugar, Salt, Tricalcium Phosphate, Tripotassium Phosphate, Tocopherols (Vitamin E) Added To Maintain Freshness

Vitamins & Minerals: Calcium Carbonate, Iron, & Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate, Ascorbic Acid), Vitamin A (Palmitate), Vitamin E (Acetate), Vitamin B3 (Niacinamide), Vitamin B1 (Thiamine Mononitrate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin D (Cholecalciferol), Vitamin B2 (Riboflavin), Folic Acid, Vitamin B12 (Cyanocobalamin)

Fortified